



Ruth Williams R.M. Editor

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Kennewick, Wash

## AN APPEAL TO YOU

By John Murray, R.M.

A meeting of our executive Board fo Washington State Chapter of the A.A.M.M. held in Wenatchee, April 13, 1958 was a very pleasant and successful meeting, all but one member being present.

Our State Presedint asked me to write an article, in the nature of a plea, to our members to take a greater intrest in attending both state and Local meetings.

I am at a loss as to how to make this important message appeal to those who really need it. I am like an empty barrel. It has been said" that an empty barrel or an empty head make the most noise." Having the empty head I will roll out the empty barrel and make some noise.

As all of you members know, we can't have a worthwhiile association with out members, and those must attend state and local meetings to keep up intrest, not only for themselves, but for others who attend, that they may know what is going on. If we choose to just pay our annual dues, sit back and let "Steve" attend the meetings and do the work, we will loose interest, eventually drop out, or become over critical of what is being done. "Steve" will feel that he is either being the goat or the work horse, and give up also. Thus bringing about the death of a well meaning association that is intended ot help you and I. It will do so ifwe only give it our real support.

We have a legal committee that is working for our benefit and protection. Arthur Dunbar, a member of that committee is ever on the alert from his connections in various departments of legislative channels for your and my protection. Arthur is doing a first rate job. Some of you are perhaps not aware that we have a state massage law enacted in 1906 for the proction of Masseurs and Masseuses to practice massage in the State of Washington without a license. This legal committee is constantly on the watch to see that this law is not ammended in any way that will jepordize our existing privileges.

To keep our A.A.M.M. functioning and keep up interest is not a job for a limited few who are perhaps natural born leaders, or who like to hear their own voice and sometimes get carried away and monopolize the floor. It is a job for all of us, extroverts and introverts alike. Even if you come to a meeting and never utter a word, you are doing your bit by being there. You will meet other members, you will make new friends, you will know what is being tried to be done for you and for me.

Some of our members make real sacrifices to attend as many meetings as possible, comming from distances, even having to stay overnight, taki valuable time from work and home. If some can do it , more can do it.

The Washington State Chapter of the A.A.M.M. Executive board meeting was nicely conducted by our President Pete Eitrem, on April 13, 1958. The more I see of our President the more I am proud to have him at our helm. He is a man of real wisdom and kindness. Many things of importance were discussed and decided upon. Among them were: the necessity of asking Mr Bloom for back records that were not passed on to Pete or Myself; having an elected chaplin; members of others professions joining our group and regulations concerning them; and the budget was set up for the comming year, allowing \$75.00 to the convention committee this year. It was so nice to spend a pleasant hour together at luncheon before the meeting was called to order.

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STATE CONVENTION JUNE 6 & 7, 1958  
at  
NEW WASHINGTON HOTEL  
in  
SEATTLE WASHINGTON

I do not have the information as to the cost to hotel rooms or what the registration fee will be for this issue, but we will go to press June first and you will have that information then.

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THOUGHT FOR TODAY: THINK THAT DAY LOST, WHOSE LOW DESCENDING SUN  
VIEWS FROM THY HAND NO WORTHY ACTION DONE.\*\*-Anon

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Your Worries Can Help You.

There can be no escape from worry and the sooner one comes to grips with this potential devastator of health and reasoning the better. As a starter one must recognize that he is not unique-- every one worries. The problem is not that one worries but rather what one does about it. For example here are a few ways to tackle your worries:

UNDERSTAND WHAT WORRY MEANS.

\* USE THE ENERGY FROM WORRY CONSTRUCTIVELY.

\* REDUCE WORRIES TO A SUBSTANCE THAT IS RECOGNIZED AND UNDERSTOOD

\* DETERMINE ALTERNATIVES. CHOOSE ONE.

\* MAKE YOUR PLAN WORK.

The acid test only comes when you take direct action. Put your plan into action with vigor and confidence. Believe and be convinced that it will be a success and try to obtain support from as many sources as possible. Don't let initial setbacks deter you. Worry is a mental habit and did not become a part of your personality overnight. It is well to remember, therefore, that a mental habit is not easily changed, but that strong motivation and a logical approach, that is adhered to over a period of time, can result in changes in your habit pattern.

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NEWS

Jessie Smith was a caller at the Atomic Health Center recently.